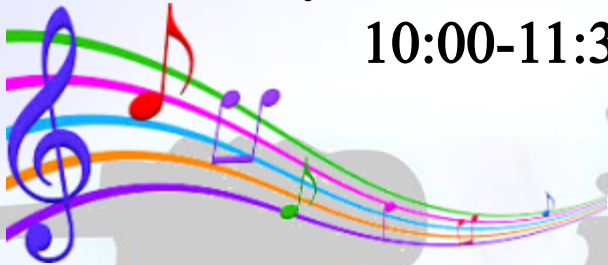


Singing Class

Mondays, March 7 - May 16, 2016

10:00-11:30 am



Join this 10 week class to discover how singing can provide you with another tool for healing. Current research in vocology is indicating that the vibrations of the vocal cords may be health-promoting, stimulating the pituitary and thyroid glands, stabilizing heart-rate, accelerating wound healing and promoting tissue growth (Dr. Ingo Titze, NCVS.org). In the singing class, you'll learn some of the same tools and strategies. And we will learn several songs as a group. Complete beginner to advanced singers are welcome, all voice types. Preregister at first floor receptionist desk

Program Led by Linda Balliro, private vocal instructor and Associate Professor at Berklee College of Music.

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